

# AVON SENIOR CENTER



635 WEST AVON ROAD  
AVON, CONNECTICUT 06001

860.675.4355

9:00 a.m. – 4:00 p.m. Monday – Friday

*Jennifer Bennett, LMSW Avon Senior Center Coordinator*

*Darlene Tate, Administrative Secretary*



## OCTOBER 2015

See our newsletter online at: <http://www.avonct.gov>

### Senior Center Coordinator Message

Happy Fall Everyone! I hope you are enjoying the weather and the season change. I'm so excited to see the leaves on the trees change color, smell the fresh air and know that apples & pumpkins are plentiful. What a beautiful time of year!

We have so many programs going on this month. So please mark your calendars! There are programs for learning like Medicare & Ask the Financial Planner, Health & Wellness programs like Primary Eye Care & Big Y Tour and fun programs like Halloween Bingo & Oktoberfest with Canton & our Halloween Party!

Don't forget that Medicare Open Enrollment starts October 15th! Get ready & prepared!

Our Movie Matinees continue with the Library, Friends of the Library & Senior Center! Come & see these classic movies!

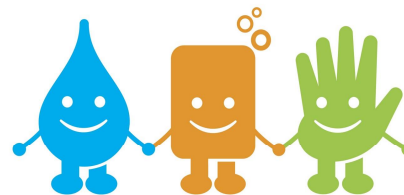
Be sure to check out our Trip Board for our latest & greatest trips! People are so pleased with the trips they have been taking that the senior center offers!

Thank you all for coming to the senior center and making it such a lively place! We have such a great time here and we're so happy to have all of you join us! Have a great month!

*Respectfully, Jennifer Bennett, LMSW*

### October– Things to Remember

Breast Cancer Awareness Month, Bullying Prevention, Red Ribbon Week– Be Substance Free, October 15– Global Handwashing Day (please remember these everyday!)



Global Handwashing Day  
October 15



*"Be kind, for everyone you meet is fighting a hard battle."*

*Plato*

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## OCTOBER EVENTS 2015

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Darlene Tate, Administrative Secretary  
860-675-4355*

### Monday, October 5, 2015

#### "Foot Care"

Dr. Lindsay will be at the Avon Senior Center on the 1<sup>st</sup> Monday of every month from 9:00 am-12:00 pm for: Assessment of feet (skin, nails, etc.), Toenail clipping, Callus removal, Provide Resources & Answer Questions. The cost is \$40.00. CALL 860.677.7272 TO MAKE AN APPOINTMENT.

### Monday, October 5, 2015 from 4-6 p.m. "Dinner & Music"

Celebrate the warmth of the Season! Join us for Dinner & Live Music! This event is FREE & open to the public & sponsored by Apple Rehab Avon. This is going to be a great night!

### Tuesday, October 6, 2015 from 11:30-1:30

#### "Free Blood Pressure Screening"

Farmington Valley VNA will be providing a FREE Blood Pressure Screening today. Please stop by & get your blood pressure checked. If you have any questions, please feel free to call the senior center at 860-675-4355.

### Wednesday, October 7, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

### Friday, October 2, 2015 at 1:00 p.m. "Wood Carving"

Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

### Friday, October 9, 2015 from 10-11:15 a.m.

#### "Free Nutrition Tour at Avon Big Y"

Join Kittie Spedding, Registered Dietician at Big Y for a free tour on Cooking for One or Two. Do you frequently find yourself eating solo? You're not alone! Walk through the aisles with an eye towards creating nutritious meals that won't leave you with too many leftovers. Learn tips to save time and money while enjoying flavorful meals for one or two. A light snack will be handed out at the end of the tour. Sign up early as space is limited! Please call the senior center at 860-675-4355 to sign up.

### Friday, October 9, 2015 at 1:00 p.m. "Wood Carving"

Join us for wood carving in the afternoon. Please call the senior center at 860-675-4355 to sign up.

### Monday, October 12, 2015

**CLOSED FOR LABOR DAY HOLIDAY**



### Wednesday, October 14, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Please call the senior center at 860-675-4355 to sign up.

### Wednesday, October 14, 2015 at 12:00 p.m.

#### "Ask the Financial Planner"

Please join us for an informational and educational session. Come and "Ask the Financial Planner" with Michael Mezheritskiy, Founding Partner of Visionary Private Wealth Management Group. Michael is a true professional and very knowledgeable, so feel free to come with your questions. Please join us for a light lunch as we get our questions answered. Please call the senior center at 860-675-4355 to sign up.

### Friday, October 16, 2015 from 9:30 a.m.-2:30 p.m.

#### "LGBT Moveable Senior Center- Newington"

LGBT (Lesbian, Gay, Bisexual, Transgender) elders & Allies from all CT towns are welcome to this free program. This month we're in Newington! The LGBT Moveable Senior Center is a pilot partnership among five Senior Centers in the Greater Hartford area - Avon, Bloomfield, Canton, Newington, and Simsbury. Each month, a Center will host the "LGBT Moveable Senior Center" day of programming. A 2015 grant to Connecticut Community Care, Inc. (CCCCI), from the The John H. and Ethel G. Noble Charitable Trust helps to support these efforts. The goal of this project, undertaken in collaboration with LGBT Aging Advocacy, a grassroots group of providers and LGBT community members in the Greater Hartford area, is to advocate for and provide resources to help create LGBT inclusive aging services. Please call the senior center at 860-675-4355 to sign up.

### Friday, October 16, 2015 at 1:00 p.m.

#### "Wood Carving"

Join us for wood carving in the afternoon. Please call the senior center at 860-675-4355 to sign up.

### Monday, October 19, 2015 from 12-1:30 p.m.

#### "Oktoberfest with Avon & Canton in Canton"

Avon & Canton Senior Centers team up again for our annual Oktoberfest in Canton! We love these events together! The delicious meal includes bratwurst, sweet sauerkraut with apples & onions, warm German potato salad, soft pretzels & black forest cookies. The menu is sponsored by Cherry Brook Health Care Center. Music provided by The Austrian Boys Band! The cost is \$5.00. Please call the senior center at 860-675-4355 to sign up by October 14th.

### Wednesday, October 21, 2015 at 10:00 a.m. "Shuffleboard"

Are you interested in playing shuffleboard? Please call the senior center at 860-675-4355 to sign up.

### Thursday, October 22, 2015 from 12:30-2 p.m.

#### "MEDICARE 101"

Are you turning 65 or just confused about Medicare? Medicare can be a confusing topic. This FREE seminar by Lou Pelletier from American Senior Benefits will educate you on the options and programs available. Learn what Medicare options best meet your needs. If you are over 65, educate yourself about the many laws and programs that may be relevant to your situation, such as maximizing social security or protecting your assets from long term care exposure without insurance. Please sign up early! Please call the senior center at 860-675-4355 to sign up.



**Thursday, October 22, 2015 at 2:30 p.m.**

**“Caregiver Support Group”**

The Farmington Valley VNA is sponsoring a support group for adults who are caregivers. The group is open to all adults who are caring for a loved one. Caring for another can be emotionally and physically exhausting. This is an opportunity to rejuvenate yourself by talking with others who truly understand. We can all learn from each other. Come and be surrounded by others who care and are in search of support. This group will be facilitated by the Farmington Valley VNA Social Worker, Laura Perednia, LCSW. Any questions, please feel free to contact Jennifer Bennett, Avon Senior Center Coordinator at 860-675-4355 or the FV VNA at 860-651-3539.

**Friday, October 23, 2015 at 1:00 p.m. “Wood Carving”**

Join us for wood carving in the afternoon. Come and learn how to carve wood, see people carve wood, ask questions, look at projects and get information about wood carving. This is a great group of people and you would have a fantastic time! Please call the senior center at 860-675-4355 to sign up.

**Tuesday, October 27, 2015 at 12:30 p.m.**

**“Primary Eye Care & Eye Care Bingo”**

Please join Michele, from Primary Eye Care as we play “Eye Care Bingo” and she helps us learn about eye conditions and diseases and conducts eye glass adjustments. We always have a great time and she brings prizes and goodies! Please call the senior center at 860-675-4355 to sign up.

**Wednesday, October 28, 2015 at 10:00 a.m. “Shuffleboard”**

Are you interested in playing shuffleboard? Do you want to learn? If you are a beginner or experienced, come and join us! Please call the senior center at 860-675-4355 to sign up.

**Wednesday, October 28, 2015 at 1:00 p.m.**

**“Halloween Bingo”**

Governor’s House will be here today for a fun, fantastic & frightening game of Halloween Bingo! We love when they come & enjoy our time together! Get in the Halloween spirit!! This is free & open to the public. Please call the senior center at 860-675-4355 to sign up.

**Friday, October 30, 2015 at 1:00 p.m. “Wood Carving”**

Join us for wood carving in the afternoon. Please call the senior center at 860-675-4355 to sign up.

**Friday, October 30, 2015 from 11:30-130**

**“Halloween Party!”**

Come and enjoy a fun filled afternoon of costumes, food, candy and music during our Halloween Party. This is a free event! Please feel free to dress up, bring your sweet tooth and get ready to listen to some Halloween music!! Please call the senior center at 860-675-4355 to sign up.



# Birthdays

## October

Wanda Karpo	1st
Bill Farrell	4th
Alice Anderson	19th
Sally Bourgault	19th



**No act of kindness,**  
no matter how small,  
**is ever wasted.**  
- Aesop



**Bridge – Tuesdays & Thursdays at 12:30 p.m.– Intermediate**  
**Scrabble – Tuesdays at 1:30 p.m.**  
**Shuffleboard – Wednesdays at 10:00 a.m.**  
**Setback – Wednesdays & Fridays at 12:00 p.m.**  
**Ping Pong – Fridays at 10:00 a.m.**  
**Woodworking – Fridays at 1:00 p.m.**



## **Upcoming Movie Matinees at Avon Free Public Library**

**Thursdays at 1:30 in the community room**

**October 1st**

**Rear Window**  
(1954) - 112 min.

**October 8th**

**Double Indemnity**  
(1944) - 107 min.

**October 15th**

**The Heiress**  
(1949) - 115 min.

**October 22nd**

**Ninotchka**  
(1939) - 110 min.

AVON FREE PUBLIC LIBRARY IN PARTNERSHIP WITH THE  
AVON SENIOR CENTER  
Tel: 860-673-9712

### 2015 Fall Classes (See dates & locations below)

#### Acrylic Painting - Fall Session II

Date (s) of Class: October 23, 30, November 6, 13, 20

**Day, Time & Location:** Fridays - 10:00 am to 12:00 pm

Avon Senior Center

#### Drawing - Fall Session II

Date (s) of Class: October 14, 21, 28, November 4, 18, 25

**Day, Time & Location:** Wednesdays - 10:00 am to 12:00 pm

Avon Senior Center

#### Tai Chi for Seniors - Fall Session I

Date (s) of Class: Oct. 7, 14, 21, 28, Nov. 4, 18, 25, Dec. 2, 9, 16, 23

**Day, Time & Location:** Wednesdays - 2:30 pm to 3:30 pm

Avon Senior Center

#### Zumba Gold Fall Session I

Date(s) of Class: Sept. 7, Oct. 7, 14, 21, 28, Nov. 4

**Day, Time & Location:** Wednesdays - 6:00 pm to 7:00 pm

Countryside Park

#### Zumba Gold Fall Session I

Date(s) of Class: October 5, 19, 26, November 2, 9, 16

**Day, Time & Location:** Mondays - 3:30 pm to 4:30 pm

Avon Senior Center

#### Zumba - Low Impact Session I

Date(s) of Class: September 21, 28, Oct. 5, 19, 26, Nov. 2

**Day, Time & Location:** Mondays - 4:30 pm to 5:30 pm

Avon Senior Center

#### Mid-Tempo Summer Session

Date(s) of Class: 10/5/2015 - 01/06/2016

**Day(s), Time & Location:** M/W 8:30 am—9:30 am


Avon Senior Center

For more information about registering, classes, and setting up your account please visit:

<http://www.avonct.gov/recreation-and-park-department>

### CRT Lunch at the Avon Senior Center

Come and enjoy lunch at the Avon Senior Center on Tuesdays and Thursdays. CRT (Community Renewal Team) sponsors a lunch program at the Avon Senior Center where you receive a hot, nutritious and health conscious meal. They offer a printed menu each month and reservations are required by calling the senior center the day before by 12:00 noon. To make a reservation for lunch, please call the Avon Senior Center at 860-675-4355. The cost is a suggested \$2.50 donation for persons 60 years of age and over and a mandatory \$5.00 if you are 59 years of age and under. The lunch program is open to all seniors in the Town of Avon as well as surrounding towns. Come and join us and make some new friends. See **October's** menu below:

TUESDAY		THURSDAY	
	<p>On Columbus Day, head straight for a great time!</p> 	1	Orange Juice Roast Beef w/Gravy Garlic Smashed Potatoes Cut Green Beans Wheat Dinner Roll Sliced Apples
6	Tomato Vegetable Soup Cold Cut Grinder: Turkey/Ham/American Cheese Potato Puffs Leaf Lettuce Sliced Tomatoes Grinder Roll/Saltines Mustard/Mayonnaise Sliced Peaches	8	Orange-Pineapple Juice Oven Fried Chicken Mashed Potatoes Peas & Diced Carrots Wheat Dinner Roll Lemon Pudding w/ Whipped Topping
13	Frankfurter on Frankfurter Roll Baked Beans Red/Green Cabbage Coleslaw w/Shredded Carrots Mustard/Ketchup/Relish Fresh Orange	15	Roast Beef w/Gravy Mashed Sweet Potatoes Broccoli Normandy Wheat Dinner Roll Sliced Pears
20	Orange Juice Turkey Stew w/Extra Vegetables Boiled Potatoes Brussel Sprouts Homemade Biscuit Apple & Peach Crisp	22	Hearty Vegetable Soup Tuna Fish Salad on Croissant Sweet Potato Fries Saltines Leaf Lettuce Sliced Tomatoes Tropical Fruit
27	Fish Florentine Mashed Potatoes Creamed Spinach Rye Bread Fresh Fruit	29	Pot Roast w/Vegetable Gravy Baked Potato Peas & Diced Carrots Oatnut Bread Pineapple Tidbits

# SENIOR CITIZENS OF AVON ORGANIZATION

635 WEST AVON ROAD • AVON, CONNECTICUT 06001  
860.675.4355  
Mondays



- President - Arthur Atwood**  
 • Vice President, • Financial Secretary & Cheer- Marie Evans  
 • Treasurer - Barbara Schicker, • Hospitality - Jean Pelletier  
 • Secretary - Marian Hurlbut • Newsletter Correspondent - Katie Ruez  
 • Programs – Helen M. Toth

## Senior Organization President's Message

Life should not be a journey to the grave with the intention of arriving safely in an attractive and well preserved body, but rather to skid in sideways, chocolate in one hand wine in the other, body thoroughly used up, totally worn out worn out and screaming "WOO HOO what a ride!"

Just a reminder we will be closed on Columbus Day on the 12th.

This month we celebrate our 45th Anniversary Dinner at the Senior Center on October 19th at 12 Noon. It will be a special dinner cooked by Chef Arthur and his wonderful Kitchen Crew. Entertainment will be the Bell Ringers. Donation for each ticket will be \$10.00. Birthday Cake and ice cream will complete the meal. We must have your reservation ahead of time. There will be no walk – ins. On October 26th it will be Movie Day on the Big Screen. Pea soup and salad will be served. Ann of Green Gables will be the featured movie.

I'd like to hear from you on your food likes and dislikes. We need suggestions. Also, please help us clean up after each event.

Happy Halloween – there will be prizes for those of you that show up in a costume.

Arthur

## October 2015 – Program Schedule Everyone is Welcome – Reservations Recommended

- |                                |   |
|--------------------------------|---|
| <b>October 5<sup>th</sup></b>  | <b>10:30 - Board Meeting</b><br><b>Noon – Pizza &amp; Salad</b><br><b>Dessert</b><br><b>Followed by bingo</b> |
| <b>October 12<sup>th</sup></b> | <b>Columbus Day</b><br><b>Center Closed</b>   |
| <b>October 19th</b>            | <b>Noon – Special Anniversary</b><br><b>Dinner</b><br><b>Birthday cake &amp; ice cream</b>                    |

*(Tickets will be available at the October 5<sup>th</sup> meeting...Please see Katie Ruez---Price \$10)*

Entertainment provided by The Bennett Family featuring an eleven member ensemble who will play hand bells, accordion, brass and wind ensemble, trombone, cello and piano.

Ray and Diane Bennett and their nine children have performed for over ten years and participated in many concerts and parades in the local area.

- |                                |  |
|--------------------------------|--|
| <b>October 26<sup>th</sup></b> | <b>Noon - Soup and salad</b><br><b>Dessert</b> |
|--------------------------------|--|

Movie – Anne of Green Gables...The sequel – Based on the international best-selling novel. Filmed amidst the spectacular scenery of Prince Edward Island, Canada, this award winning movie follows the enchanting life of orphan Anne Shirley from her struggles as an adolescent to her triumphs as a young woman. This is the second of a series of three DVDs.

## Coming up in November:

- Veteran's Day celebration in order to honor Veterans for their dedication and unselfish commitment to our country. Entertainment provided by Chip Ames.
- Thanksgiving Luncheon. Entertainment provided by Michael Markowitz.



# OCTOBER 2015

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
			<div>1</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge	<div>2</div> 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1:00 Woodworking
<div>5</div> 8:30 Mid Tempo Cardio Class 9:00 Foot Care 10:00 Wii Bowling 10:30 Senior Organization Board Meeting 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold – CSP 4:00 Dinner & Music	<div>6</div> 9:00 Billiards 10:00 Wii Bowling 11:30 FV VNA Blood Pressure 12:00 CRT Lunch 12:30 Bridge 12:30 Wii Bowling 1:30 Scrabble	<div>7</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	<div>8</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge	<div>9</div> 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 10:00 Big Y Tour & Talk 12:00 Setback 1:00 Woodworking
<div>12</div> <b>CENTER CLOSED FOR COLUMBUS DAY</b>	<div>13</div> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble	<div>14</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 12:00 Lunch & Learn 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold—CSP	<div>15</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge	<div>16</div> 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1:00 Woodworking
<div>19</div> 8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:00 Oktoberfest in Canton 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold – ASC	<div>20</div> 9:00 Billiards 10:00 Wii Bowling 10:30 Flu Clinic 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 1:30 Scrabble	<div>21</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 2:30 Tai Chi 6:00 Zumba Gold– CSP	<div>22</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Medicare 2:30 Caregiver Support Group	<div>23</div> 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 12:00 Setback 1:00 Woodworking
<div>26</div> 8:30 Mid Tempo Cardio Class 10:00 Wii Bowling 12:00 Senior Org Lunch 12:30 Mah Jongg 3:30 Zumba Gold – ASC	<div>27</div> 9:00 Billiards 10:00 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge 12:30 Primary Eye Care 1:30 Scrabble	<div>28</div> 8:30 Mid Tempo 10:00 Shuffleboard 12:00 Setback 1:00 Billiards 1:00 Halloween Bingo 2:30 Tai Chi 6:00 Zumba Gold—CSP	<div>29</div> 9:00 Billiards 9:30 Wii Bowling 12:00 CRT Lunch 12:30 Wii Bowling 12:30 Bridge	<div>30</div> 8:30 Mid Tempo 9:30 Billiards 10:00 Ping Pong 11:30 Halloween Party 12:00 Setback 1:00 Woodworking

RESERVED FOR  
SPONSORS

# *Avon Senior Center*



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AVON, CONNECTICUT 06001

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